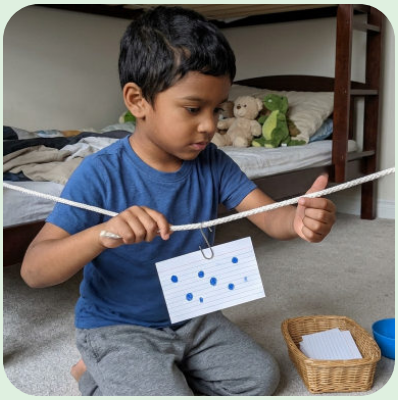
Two Hands Together

Play-based activities for both hands





Ages 3 to 5 **40 activities**

Bilateral hand use · Crossing midline · Motor planning

What's inside

The activities are grouped by how the two hands share the work, and most build more than one skill. Start anywhere your child is curious.

Crossing midline

Reaching across the middle of the body to the other side.

Bead Bridge Slide 5
Cardboard Yarn Harp 6
Feather Wind-Trace 7
Foil Pan Table Skater 8
Sticky Ribbon Rainbow Reach 9
Vertical Felt Leaf Clip 10
Winding Cup Runner 11
Yarn Cross Clip Challenge 12

Pull, wind and lift

One hand holds steady while the other pulls, winds or lifts.

Drawbridge Pulley Master 13
Button Anchor Wind-Up 14
Buggy Rope Slide 15
Paper Plate Pulley 16
Taped Paper Roll Wind-Up 17
Vertical Yarn Rescue Mission 18
Ribbon Rescue Basket Mission 19

Twist and turn

Turning the wrist and forearm while the other hand holds on.

Ribbon Twirl Spinner 20
Cap Twister Rings 21
Twist Cap Treasure Drop 22
Cardboard Key Turn Challenge 23
Foil Rod Twist Connect 24

Weave, thread and link

Weaving, threading and joining pieces with both hands.

Rainbow Ribbon Wall Weave 25
Stick Weave Loom 26
Rainbow Hand Weaver 27
Tear & Thread Cardboard Chain 28
Tight Cardboard Ties 29
Card Link Arch 30
Clip Chain Creation 31
Ribbon Ladder Rescue 32
Straw Pipe Cleaner Architect 33

Build, steer and play

Games where each hand has its own job.

Bilateral Mirror Track Drawings 34
Mummy Toy Wrap 35
Masking Tape Web Bridge 36
Paper Roll Tunnel Guide 37
Cardboard Box Gear Shifter 38
Spoon Glide Seesaw 39
Button Cookie Spatula Flip 40
Balloon Tap and Cup Move 41
Paper Plate Target Disc 42
Ripped Line Art 43
Giant Newspaper Chopstick Challenge 44

Also in this book

Before you start 3
8-week play tracker 45
Notes for your child's therapist 46
Notes 47
More in the series 48

Before you start

Every activity in this book comes from OTPlan and uses everyday things like cardboard, yarn, ribbon and clothespins. There's no wrong way to play. Follow your child's lead and keep it fun.

How to use this book

Keep it short. Most activities take 10 to 15 minutes.

Let your child choose. Their interest is the best guide.

Adjust as you go. Every page has an easier and a harder version.

Stop while it's still fun. You can always come back another day.

Check off the days you play in the tracker on page 45. If your child sees a therapist, bring the book along.

How each page works

Time and place
How long it takes, setup time, and where to play

Skills it builds
The skills the activity works on

You'll need
Everyday materials to gather first

How to play
Step-by-step directions

Easier and harder
Ways to adjust to your child

What to notice
Things to watch for and share with your child's therapist

Things you'll use most

- [ ] Masking tape
- [ ] Yarn
- [ ] Paper cups
- [ ] Stuffed animals
- [ ] Paper plates
- [ ] Scissors (grown-up setup)
- [ ] Markers
- [ ] Baskets
- [ ] Pipe cleaners
- [ ] Clothespins
- [ ] Paper rolls
- [ ] Cardboard
- [ ] Craft sticks
- [ ] Ribbon
- [ ] Paper clips
- [ ] Plastic containers

Each activity page lists everything it needs.

Safety. Stay close during play. Small items like paper clips, buttons and beads can be choking hazards, and long yarn, string and ribbon can wrap around a neck. A few setups use scissors or a sharp pencil. Those steps are for a grown-up.

These activities are for home practice and don't replace the guidance of a licensed therapist.

Bead Bridge Slide

5 to 10 minutes **Setup: 5 minutes** **At a table**



Skills it builds

Crossing Midline · Eye-Hand Coordination · Pincer Control

You'll need

- [ ] Beads
- [ ] Cardboard
- [ ] Masking Tape
- [ ] Paper Cup
- [ ] Straws

Why it helps

This activity helps your child practice using their small finger muscles while working across their body. By sliding beads along a straw bridge, they improve the coordination needed for dressing and school tasks. It also encourages them to use their helper hand to stay stable.

> **Choking risk:** beads can be a choking hazard. Stay within arm's reach, and keep them away from children who still put things in their mouths.

How to play

1. Before play, check that your beads slide easily over the straw. Large-hole wooden or plastic beads work best.
2. Turn two paper cups upside down on the cardboard, a little less than a straw's length apart, and tape them down.
3. Thread four beads onto a full-length straw.
4. Tape each end of the straw onto the bottom of a cup, so the straw makes a bridge between the cups and the beads cannot slide off.
5. Set the bridge in front of your child so it runs from left to right.
6. Ask your child to pinch a bead and slide it from one end of the bridge to the other.
7. Slide the beads back and forth, keeping the bridge steady.

Make it easier

- Use just two beads so there is more room to slide each one.
- Tape the cardboard to the table so the base stays put and your child can focus on sliding.
- Start with one bead and let your child push it along with a fingertip before trying a pinch.

Make it harder

- Thread the beads in a color pattern and ask your child to move them across one at a time while keeping the order.
- Ask your child to slide each bead the whole way across with one hand, without switching hands in the middle.
- Use a bendy or paper straw, which sags a little and needs a lighter touch.

In everyday life. Sliding a small object along a narrow track with a light pinch uses the same control kids need to pull a zipper, push buttons through holes, and move a pencil smoothly across a page.

What to notice

Notice whether your child switches hands in the middle of the bridge or keeps one hand going all the way across. Switching is a common way to avoid reaching across the body.

Watch how hard the pinching fingers press. A light pinch lets the bead glide, while a firm squeeze can bend the straw.

Notice what the helper hand does. Holding the cardboard steady frees the sliding hand to move smoothly.

Safety. Beads are a choking risk, so stay close and count them after play. Check the tape on the cups and straw so the bridge stays put.

We played M T W T F S S

Drawbridge Pulley Master

15 to 20 minutes **Setup: 15 minutes** **At a table**



Skills it builds

Bilateral Hand Use · Motor Planning · Wrist Extension

You'll need

- [ ] Cardboard
- [ ] Markers
- [ ] Masking Tape
- [ ] Paper Clips
- [ ] Paper Roll
- [ ] Scissors
- [ ] Yarn

Why it helps

This activity turns a simple box into a magical castle! It is a wonderful way for your preschooler to practice using both hands at once. By twisting the crank, they build strength in their wrists and hands. It also helps them learn how to follow a sequence of steps. Watching the bridge go up and down gives them a great sense of accomplishment. Plus, it is a fun way to spark their imagination during playtime.

> **Choking risk:** paper clips can be a choking hazard. Stay within arm's reach, and keep them away from children who still put things in their mouths.

How to play

1. Before play, cut a door in the front of a small open-top box. Cut along the top and both sides and leave the bottom attached so the door folds down.
2. Cut a small notch in the top edge of each side wall, near the front, so a long paper roll can rest across the box with both ends sticking out.
3. Let your child decorate the box like a castle with markers.
4. Slide a paper clip onto the top edge of the door near each corner, and tie a piece of yarn to each clip.
5. Close the door, lay the paper roll in the notches, and tape the loose end of each yarn to the roll so the yarn is snug.
6. Ask your child to turn the roll one way to lower the drawbridge, then the other way to wind up the yarn and pull it closed.
7. Show your child how to hold the box still with one hand while the other hand turns the roll.

Make it easier

- Skip the roll and let your child pull the yarn straight up to raise the door.
- Cut the door from thin cereal-box cardboard so it is light and easy to lift.
- Make the door short so only a few turns of the roll lift it all the way.

Make it harder

- Raise the door halfway and hold the roll still for a count of five, then finish lifting.
- Lower the door slowly so it does not slam, counting to five on the way down.
- Put toy figures inside the castle and lower the drawbridge to let each one out, then raise it again.

In everyday life. Turning a handle while the other hand steadies is the same teamwork kids use to crank a pencil sharpener, wind up a kite string, and reel in a toy fishing line.

What to notice

Notice whether your child turns the roll with the fingertips or the whole hand, and whether the other hand holds the box still.

Watch whether your child figures out which way to turn to raise the door, and tries the other way to lower it.

If the door slams down, notice whether your child lets go all at once. Lowering it slowly takes steady control.

Safety. An adult does all the cutting, since box cardboard is too tough for child scissors. Put the yarn away after play so it does not end up around necks.

We played M T W T F S S

Ribbon Ladder Rescue

15 to 20 minutes **Setup: 5 minutes** **At a wall or easel**



Skills it builds

Bilateral Hand Use | Pincer Grasp | Shoulder Strength

You'll need

- [ ] Clothespins
- [ ] Craft Sticks
- [ ] Masking Tape
- [ ] Ribbon

Why it helps

Building a ladder on a vertical surface is a fantastic way to help your child grow. It encourages them to use both hands together in a coordinated way. Working on the wall helps strengthen their shoulders and core. This provides a steady base for fine motor tasks. Squeezing the clothespins builds the tiny muscles in their fingers. These muscles are very important for later writing and drawing. Plus, it challenges their eye-hand coordination. They must line up the sticks and clips perfectly! It is a fun building project that feels like a real accomplishment.

How to play

1. Tape the top ends of two long ribbons to a wall, side by side and about three inches apart, as high as your child can easily reach.
2. Tape the bottom ends lower down, leaving the ribbons a little loose so you can pinch them away from the wall.
3. Hold a craft stick across both ribbons to check that it reaches past each one. Move the ribbons closer together if it does not.
4. Ask your child to hold a craft stick across both ribbons near the bottom.
5. Show them how to pinch a ribbon and the end of the stick together and clip them with a clothespin, then clip the other end the same way.
6. Keep adding rungs a few inches apart, all the way up the ladder.
7. When the ladder is done, tape a small toy just above the top rung and pretend it is stuck up high. Let your child walk two fingers, or another small toy, up the rungs to rescue it.

Make it easier

- Hold each stick in place for your child so they can use both hands on the clothespin.
- Use jumbo craft sticks, which are longer and easier to line up across both ribbons.
- Build the ladder at chest height so your child is not reaching high.

Make it harder

- Build the rungs in a color pattern from bottom to top.
- Hold the stick with the non-dominant hand and clip with the other, then switch.
- Build the ladder taller, so the top rungs are above your child's head.

In everyday life. Holding something in place with one hand while the other clips it is the same teamwork kids use to snap a jacket, clip a leash to a collar, and hang wet socks on a drying rack.

What to notice

Notice how your child manages two jobs at once. One hand holds the stick against the ribbon while the other squeezes and places the clip.

Watch the clipping hand. Working on a wall keeps the wrist bent back, which is a strong position for the fingers.

Notice when your child's arms get tired from reaching up, and switch to the lower rungs for a while.

Safety. Clothespins can pinch, so show your child where to squeeze. Take the ribbons down after play, since loose ribbon can wrap around a neck.

We played M T W T F S S

8-week play tracker

Check a box on each day you play. Write down the activity your child liked best.

Week	M	T	W	T	F	S	S	Favorite activity
1								
2								
3								
4								
5								
6								
7								
8								

Activities to play again

Notes for your child's therapist

Jot down what you notice as you play. The **What to notice** box on each activity page can help. Bring this page to your child's next visit.

What my child enjoyed

Which activities did they ask for again?

What seemed tricky

Where did they get stuck or want help?

Changes I noticed

Anything that got easier over the weeks?

Questions I want to ask